

# Bibimbap-Style Korean-Marinated Flank Steak

Translated to "mixed rice," this traditional dish features stir-fried strips of Flank Steak alongside veggies and brown rice.



## INGREDIENTS

- 1 pound beef Flank Steak
- 2 tablespoons minced green onions
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon packed brown sugar
- 1 tablespoons sesame oil
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger
- Hot cooked brown rice
- Korean red chili sauce (Gochujang) (optional)
- Steamed broccoli florets, sautéed shitake mushrooms, shredded carrots, fresh bean sprouts

30 Min      4 Servings      42 Cal      28g Protein

## COOKING

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine Marinade ingredients in medium bowl. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Remove beef from marinade; discard marinade. Add half of beef to skillet; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining beef.
3. Serve beef over rice and vegetables, as desired. Serve with chili sauce, if desired.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		9g	66mg		31g	28g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com